

2020,



I WAS RAPED WHEN I WAS

18

YEARS OLD

I WAS SILENT UNTIL

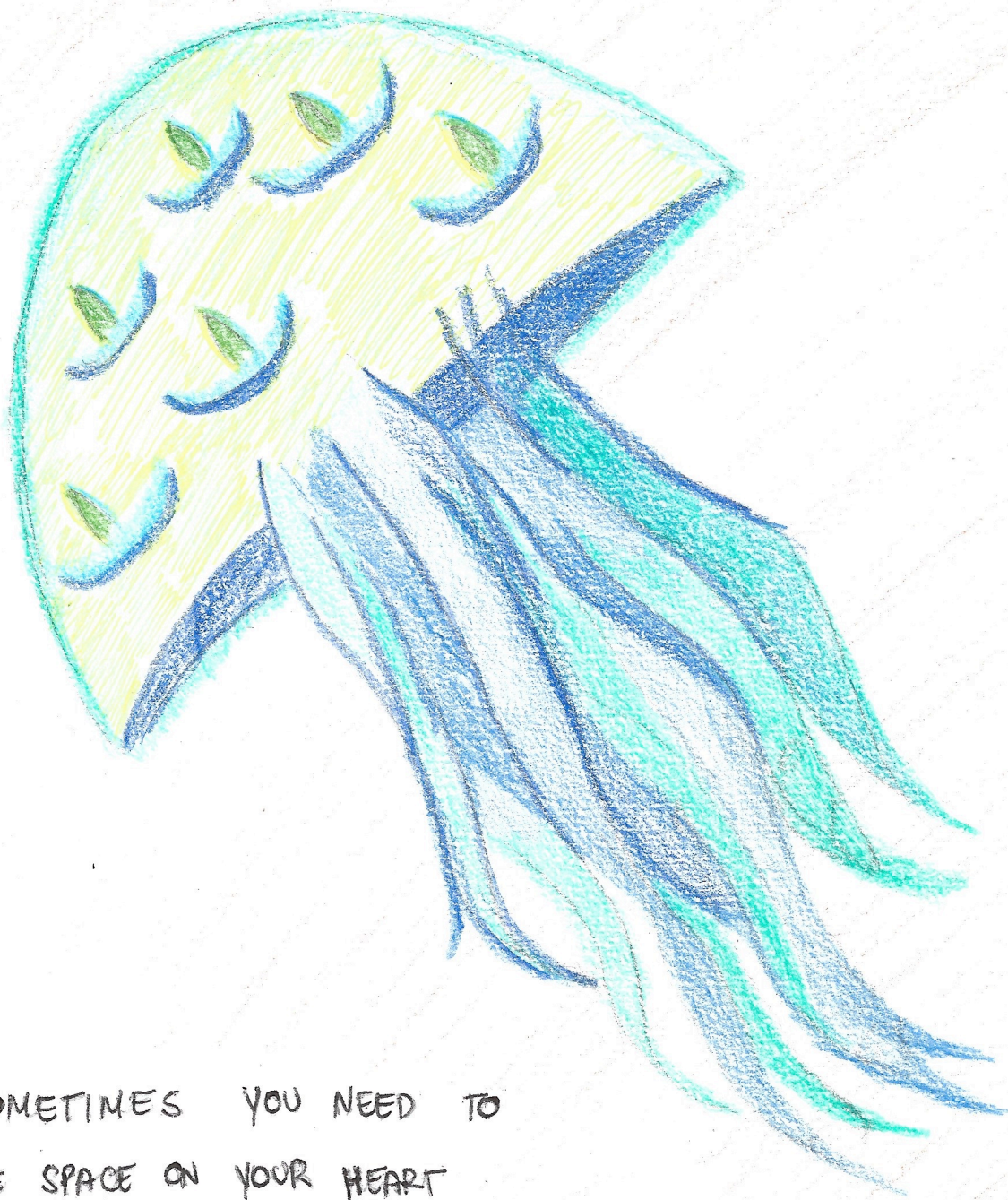
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TO ALL YOUNG TRANS\* DYKES BIG FAIRIES AND KUIRS  
WHO HAVE EXPERIENCED SEXUAL ASSAULT OR RAPE

WRITTEN BY HEL

REVISED BY RAPHY





SOMETIMES YOU NEED TO  
MAKE SPACE ON YOUR HEART  
AND ON YOUR LIFE TO  
HEAL FROM RAPE

IT WILL TAKE SOME TIME  
YOU'LL HAVE TO TRUST  
YOUR BODY MEMORY  
AND TRUST PEOPLE  
AROUND YOU

YOU'RE REAL  
SPACE AROUND YOU  
IS REAL  
PEOPLE WHO WANNA  
HELP ARE REAL



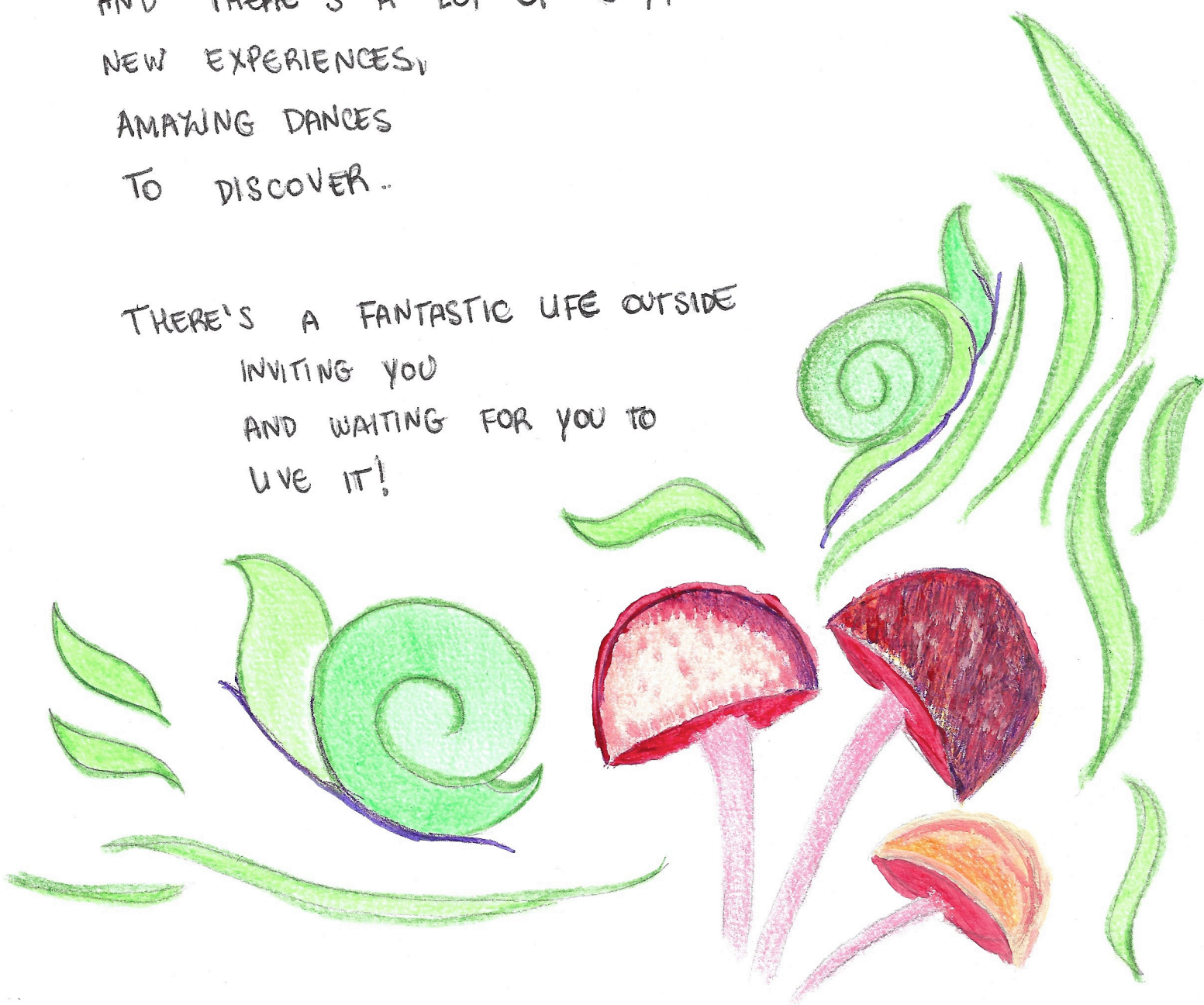
IF YOU WERE UNCONSCIOUS,  
IF HE WAS A LOT OLDER  
THAN YOU AND IN A POSITION  
OF POWER ... KNOW YOU MATTER MORE  
THAN HIM. YOU MATTER MORE.

---

KNOW YOU MADE YOUR WAY OUT  
KNOW YOU STILL HAVE A FUTURE  
AND YOU DESERVE IT

KNOW YOU MADE YOUR OWN AND BEAUTIFUL WAY  
AND THERE'S A LOT OF JOY,  
NEW EXPERIENCES,  
AMAZING DANCES  
TO DISCOVER..

THERE'S A FANTASTIC LIFE OUTSIDE  
INVITING YOU  
AND WAITING FOR YOU TO  
LIVE IT!



STALKING

THE ABUSER WILL NOT HELP YOU,

YOU MAY HAVE VIOLENT  
THOUGHTS ABOUT HIM

LIKE KILLING HIM

OR BURNING HIM DOWN

YOU MAY HAVE VIOLENT

THOUGHTS ABOUT YOURSELF

LIKE KILLING YOURSELF,

LIKE WASHING YOUR BODY

WITH HOT WATER MANY TIMES.

YOU MAY HAVE VIOLENT

THOUGHTS ABOUT PEOPLE YOU LOVE

FOR NOT BEING THERE

OR NOT BEING HERE NOW

TO HUG AND PROTECT YOU.

YOU MAY NEED TO TELL, TO

TALK ABOUT IT A LOT OF TIMES

IN ORDER TO HEAL. OR YOU MAY

NEED TO HIDE IT IN A BOTTLE

ON THE OCEAN... OR MAYBE BURY DEEP

IN THE GROUND

THE MOST IMPORTANT THING RIGHT NOW IS

YOU'RE ALIVE

YOU RESISTED

YOU ESCAPED

YOU DON'T NEED

TO BE SAVED

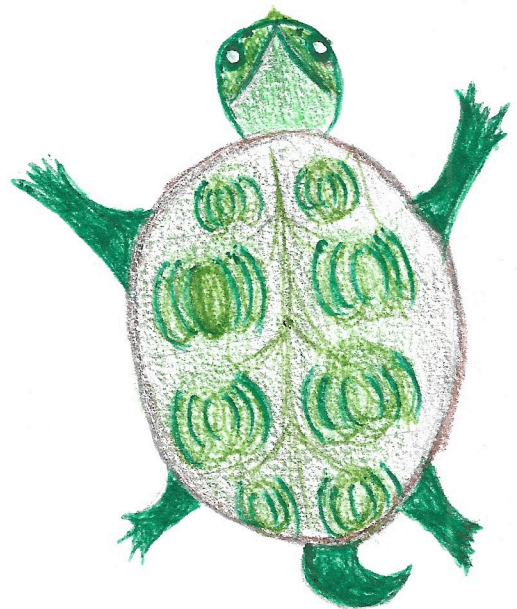
ANYMORE

IF YOU HAVE THESE  
WORDS BETWEEN YOUR HANDS

IT'S BECAUSE YOU'RE ALIVE.

YOU RESISTED

YOU ESCAPED





MAYBE YOU'LL HAVE NIGHTMARES

THAT ARE VIOLENT AND REPETATIVE

THAT COULD BE AN EFFECT AND A REPRESENTATION  
OF PATRIARCHY AND RAPE CULTURE

WHAT DO YOU SEE? HOW DO YOU FEEL ABOUT IT?

IF YOU CAN

WRITE IT DOWN... THESE DREAM PARTS

MAY ONE DAY BE USEFUL FOR YOU

MAYBE FOR A LONGTIME YOU DIDN'T REMEMBER  
ANYTHING BECAUSE YOUR BODY WAS PROTECTING YOU

TRUST YOUR BODY,

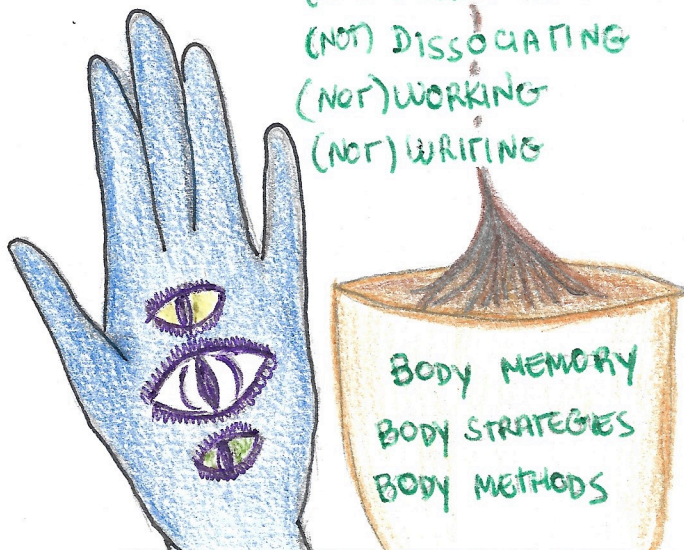
WE CREATED ALL THE MECHANISMS AND

STRATEGIES TO PROTECT YOURSELF  
SOME OF THOSE STRATEGIES YOU MAY WANT  
TO MAINTAIN,  
SOME OF THEM YOU MAY WANT TO LET GO.

HOW CAN YOU NOTICE  
PERCEIVE AND  
TRANSFORM IT?

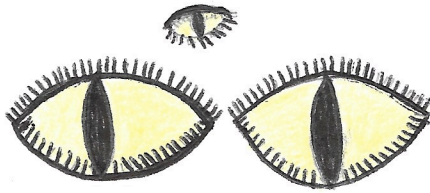
ON STAIRS (DOWN)  
(NOT) LAUGHING  
-DOLL HUNG FROM TREE-  
(NOT) CLEANING (LOW)  
(NOT) SPEAKING

(NOT) DANCING  
(NOT) HIDING  
(NOT) SLEEPING  
(NOT) EATING  
(NOT) FUCKING AROUND  
(NOT) RUNNING  
(NOT) SAYING  
(NOT HAVING) MAGICAL THOUGHTS  
(NOT) DEREALIZING  
(NOT) DISSOCIATING  
(NOT) WORKING  
(NOT) WRITING





TRUST OTHERS IS A REFLECT OF HOW YOU TRUST YOURSELF



YOU CAN TRUST OTHER PEOPLE EVEN IF YOU EXPERIENCED VIOLENCE

THERE ARE PEOPLE WHILING TO HELP YOU, TO LOVE YOU, TO HAVE FUN WITH YOU,  
TO TRUST YOU BACK, TO CONSTRUCT FRIENDSHIP, ETC...

ABUSERS ARE NOT THE DEVIL THEY ARE PEOPLE LIKE YOU AND ME  
AND YOU CAN HANDLE THEM. YOU CAN PROTECT YOURSELF NOW YOU ARE  
CONSCIENTE YOU CAN PROTECT OTHERS. AND IF SOMETIMES YOU FEEL YOU  
CAN'T IT'S OK TOO...

NEVER FORGET TO LOOK DEEP IN THE EYES OF PEOPLE YOU LOVE AND TRUST  
AND SOMETIMES TO JUST CLOSE YOUR EYES AND OPEN THE EYES  
FROM INSIDE... THEY THOUGH US TO BE SILENT, TO SHUT UP,  
THEY THOUGHT US TO BE GENTLE, TO BE MEEK,  
THEY THOUGHT US TO SMILE, TO BE SORRY AND TO THANK THEM  
UNDER DOMINATION

WE SAY NO.  
WE SAY NOT ANYMORE.  
WE SAY NEVER AGAIN

